

LOOK WHAT WE'VE BEEN LEARNING! NINJA CLASSES TERM 3



Our ninjas are taking their skills to the next level this term, building strength, agility, coordination and confidence while tackling bigger challenges every week!

SKILLS WE'RE WORKING ON THIS TERM



NINJA BASICS

Building a strong foundation for every ninja!



- Precision jumps and landings
- Balance on narrow surfaces
- Safe falls and rolls
- Core strength and body control
- Efficient running, stopping & turning



UPPER BODY STRENGTH

Stronger grips, bigger pulls and better hangs!



- Dead hangs and active hangs
- Pull ups and chin ups (assisted to strict)
- Muscle ups progressions
- Traverse walls
- Rope climbs and rope pullovers



TRAVERSALS

Moving across the course with control and speed!



- Monkey bars with different grips
- Floating steps
- Ring swings
- Multi obstacle combinations



AGILITY & MOVEMENT

Quicker, sharper and more explosive!



- Speed and agility drills
- Dynamic jumps and vaults
- Wall runs and precision landings
- Obstacle to obstacle flow training
- Reaction time challenges



CORE & STABILITY

A strong core powers every move!



- Hollow holds and arch holds
- V-ups and leg raises
- Plank variations
- Hanging knee and leg raises
- Rotational core exercises



ADVANCED TECHNIQUES

Learning new skills and linking moves together!



- Kong vaults
- Cliffhangers and lache swings
- Dynamic dismounts and drops
- Complex obstacle combinations



COURSE COMBOS

Putting it all together on bigger, more challenging courses!



- Multiple obstacle challenges
- Timed runs
- Strategy and problem solving
- Flow and efficiency
- Team challenges and relays



FOCUS & MINDSET

Strong minds create confident ninjas!



- Goal setting
- Focus and concentration drills
- Growth mindset challenges
- Encouragement and teamwork



MOVEMENT & COORDINATION

- Obstacle courses that challenge the whole body
- Balance, strength, speed and flexibility training
- Fun games and partner challenges
- Building confidence, resilience and teamwork

STRONGER EVERY WEEK!

WHAT'S NEXT?

We'll keep pushing our skills further with new challenges, bigger obstacles and exciting ninja missions every week!

NINJAS

Thank you for your support at home – it makes a big difference!

REMEMBER!

Bring your water bottle!
Hair tied back and comfortable active wear please!
Most importantly – come with a positive attitude and ready to have fun!



WE LOVE WATCHING OUR NINJAS GROW,
LEARN AND BECOME STRONGER EVERY WEEK!

GO BG!